

THE POINT

THE STUDENT NEWSPAPER OF FITCHBURG STATE COLLEGE

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Freshmen flocking to FSC Freshman 15? Fat chance!

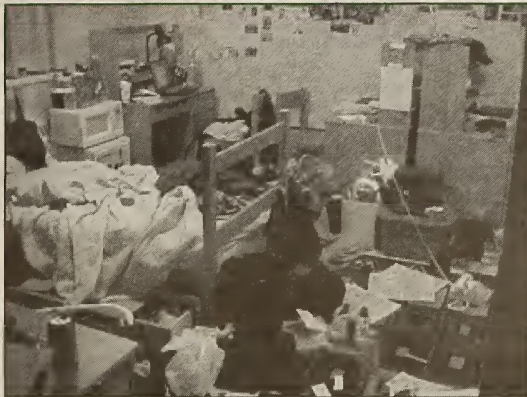
RACHEL BOUDREAU
STAFF REPORTER

Is Fitchburg State College overcrowded? Too many triples? Classes too big? The number of students attending FSC has risen dramatically over the past several years, and this trend is expected to continue. Because of the increase, FSC has had to make some adjustments around campus to accommodate all of the students, as well as tackling the task of finding more rooms for students to live in.

"The freshman class this year is 15 percent larger than last year, meaning there are about 97 more students," said Director of Admissions Lynn Petrillo. She said that at the start of this semester, there were about 730 freshmen and 327 transfers. In the fall of 1999, there were only 675 freshmen.

Admission and enrollment tables from Institutional Research highlight this trend. According to the tables, in Fall 1999 there were 2,034 applications submitted to FSC, and 1,561 students accepted. By Fall 2003, this had increased to 3,821 applications and 2,458 students accepted.

With the number of students growing, classes have had to be added to the cur-



This is a typical triple dorm room. Since the school has become so populated, many freshmen have been placed into forced triples.

riculum, and some class sizes have been getting larger.

"We have had to increase the number of courses to have enough for all the new freshmen," said Shirley Wagner, associate vice president of Academic Affairs. "The No. 1 course I make sure everyone has a seat in is Writing I. For this we have had to add some new faculty."

Most of the new faculty the college has hired to help teach the additional classes are not full time. "A large number of part time people have been added as well," Wagner said "At the moment it has been successful and I feel comfortable with the quality of the part-time teachers."

"For writing courses the

maximum used to be 20 and now it is 22," Wagner said. "For classes like history, philosophy, psychology and sociology, the maximum used to be 30, and it is now 35."

Wagner says that the school is trying to hold these numbers where they are. FSC is not trying to go beyond this number of students in the classroom.

Not only class sizes have to be dealt with but also the issue of providing rooming for new enrollees.

According to the FSC Institutional Fact Book of 2004, the reported occupancy rate for students in 1999 was 983 students and in 2003 the reported occupancy rate has

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KAITLYN RYAN
STAFF REPORTER

You wake up, roll out of bed, and pull on your running shoes - you're going to the gym. Even the best intentions don't always get rewarded, however. After your workout, you step on the locker-room scale, and it hits you - after just two months at FSC, you've already gained 13 pounds. Who knew the freshman 15 wasn't just a myth?

That legendary 15-pound weight gain is a scientific fact, according to researchers.

"It is real," Cornell University professor David Levitsky told the Associated Press in a published interview. Levitsky studied 80 students and found that they gained an average of about five pounds in just their first semester.

But what are the reasons for gaining these unwanted pounds?

Students' new independence may be partly to blame. All their lives, their parents had prepared nutritious meals for them, making sure to include all the food groups. In the first couple of weeks at school, students tend to go crazy because they can eat whatever they want: hamburgers, french fries, pizza, and ice cream all the time. Sounds great, huh?

Well, it sounds great until three weeks later, when the



Students pile mounds of food on their plates or even use two plates. Their eyes are bigger than their stomachs.

scale at the gym shows a five-pound weight gain. In three weeks! Most students don't even realize how much they are eating - there's so much to adjust to, a healthy diet just isn't at the top of the list.

Another problem is late-night snacking. So you're up late writing a paper for your history class, and all of a sudden you get a craving for Chinese food. So you order it, not thinking that it won't be worked off until the next day. You see, when you sleep, your metabolism slows down and doesn't work as hard. This causes the Chinese food that you couldn't live without to just sit, possibly becoming a permanent part of your waistline.

Stress, too, shares some of Freshamn continued on page 4

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MICHELLE YANG, NOT JUST
ANOTHER STUDENT

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STYLE WITH HOLLY

2005 WORLD SERIES?

Dining's fine at Bernardo's

VANESSA VIOLA
STAFF REPORTER

If you are looking for a romantic restaurant with great Italian food, Bernardo's Bistro in Manchester, NH is the perfect place to go. Yes, Manchester is a 30-to-45-minute drive from Fitchburg; but if you want to impress someone special, the soft lights and vineyard atmosphere make it worth the trip.

Before setting out for Bernardo's, though, make sure to call ahead for a reservation; otherwise, you'll end up waiting anywhere from 15 to 45 minutes. If you do not get in right away, you can spend the time reading the many glowing reviews and feature stories that cover the wall separating the dining room from the waiting area. You can also enjoy the Italian-style background music, which includes Dean Martin's rendition of "That's Amore."

After being seated at your table, you are immediately served warm Italian bread, fresh from the oven. The over-21 crowd can sample a selection of wines ranging from \$3.95 to \$6.95 per glass.

Even though entree portions are generous, you should still make room for one of Bernardo's delicious appetizer. We considered the Grilled Shrimp Cocktail (\$8.95) with its "non-traditional cocktail sauce," the Grilled Game Sausage



(\$5.95) and the Basil Blackened Scallops (\$8.95) before settling on our two choices: Stuffed Portabella Mushroom (\$5.95) and Caesar Style Wings (\$5.95). The mushroom appetizer was divine, stuffed with fresh seafood and served with a light lobster sauce. The tender, juicy wings were another great selection, brushed with garlic butter and marinated in Caesar dressing. Salads have their own place on the menu; the Shrimp Caesar (\$7.95) is a winner.

Pasta entrees are prepared to order, and offer a choice of spinach, tomato-basil, or plain pasta. It's an imaginative selection, featuring such items as Grilled Steak Tips in a brandy cream sauce over black-pepper pasta (\$8.95); and Lobster Ravioli (\$12.95). Fish appears in spicy Seafood Fra Diavolo (\$12.95) and garlicky Shrimp Scampi (\$12.95), among other selections; meats include Sauteed Veal Medallions (\$13.95) and Grilled Delmonico Steak (\$12.95) with a warm smoked-tomato relish.

The customer favorite

at Bernardo's is the Chicken Saltimbocca (\$10.95) - make sure you try it with spinach pasta. The two chicken breasts are dipped in flour, fried until golden, and simmered in a sauce with lemon juice. They're served nestled in a bed of pasta topped with baked garlic, fresh tomato slices and melted mozzarella, creating an entree that's a work of art in itself.

The Salmon Rockefeller is \$13.95, and worth every penny. A seared salmon fillet is showcased on a bed of spinach and covered with a creamy lobster sauce, with pieces of fresh lobster surrounding the whole dish.

From the grill, the Maple Smoked Grill (\$10.95) is served with chicken and sirloin tips that have been marinated in a sweet maple sauce, garnished with portabella mushroom and served with garlic mashed potatoes and a seasonal vegetable.

Bernardo's is a mouth-watering testament to Italian cuisine and is a great place for a romantic date that suits your wallet as well.

Letter from the Editor

The Point staff and I would like to invite anyone who is interested in writing, editing, graphic design, photography, or has any other ideas to further improve the school newspaper, to please attend our weekly meetings.

Our meetings are held in room BC-17 in the basement of the Hammond building; or feel free to contact me at 978.665.3647 Ext. 3647.

If you interested, feel free to stop by.

Sincerely,

Julie Jepsen

Snoring through the night could be a sign of a sleep disorder



People all across the globe are having difficulty sleeping each night and have no idea that they could have a sleep disorder known as sleep apnea. This is a medical disorder, which causes a person to stop breathing for periods of time during the stages of sleep. Deep sleep is vital to good physical and mental health. By constantly interrupting the cycle each night, sometimes up to 200 times, a person is left to feel extremely exhausted during the day.

Carol Moccio, a registered EEG technician at Mercy Hospital in Springfield, has been studying and working with patients with this disorder for 15 years. During the course of her career she has

seen many different symptoms and signs of the disorder come through her sleep lab. "Being overweight, with signs of having extremely enlarged tonsils or a large neck size, is a good indication that they are prone to getting this disorder," Moccio says.

Symptoms can range from having high blood pressure to lacking interest in sex. "Problems with memory and concentration along with lack of sleep can be deadly in itself," states Moccio. When people are losing sleep each night, it is much more likely for vehicle crashes, injuries and personality changes to begin to occur.

Tests are being done every day in hospitals all across the country in order to try and prevent and treat people with sleep apnea. There are two different types of tests that can be administered in a hospital. Polysomnography is when you spend the night

Snoring continued on page 4

The Fitchburg State College Newspaper
160 Pearl Street, Fitchburg, MA 01420

The Point considers for publication letters to the editor on any topic of interest to the Fitchburg State College community. All submissions run at the discretion of the Editor-in-Chief and are subject to editing for style and length.

All articles must be typed or legibly handwritten and include a name and a phone number, in case of questions.

Announcements should be short, including dates, places, times, and a contact person.

The content of any article labeled Opinion, does not necessarily represent the views of The Point, its staff, or Fitchburg State College.

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Planning, preparation can give students confidence

MARY SHAW
STAFF REPORTER

I remember clearly how I felt while struggling through assignments and tests, all through a semester. I wanted to achieve high grades, and I was sure to hand in all assignments. I fell behind, though, and I realized it all had to do with motivation and preparation.

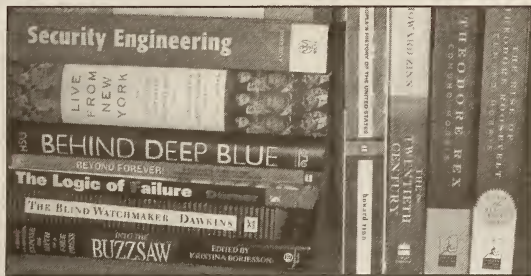
It has never been as clear to me as now exactly what my mistakes were. Since the start of this fall semester I've turned a new leaf and begun to notice a lot of things about how to handle college work.

I've really made a lot of mistakes during the past three years at FSC, I now realize. It really makes sense to me now how to go about doing my best and achieving above average grades.

There are two things students can focus on to improve their progress. When the professor introduces a course and outlines what can be expected, depending on the professor, the students will be required to pass in certain assignments, read certain chapters, and complete particular reports.

A student who knows how to handle the schoolwork instantly plans on reading all of the suggested or required reading and starts looking into assignments. A student who will usually end up struggling, pays attention to only due dates and what will be handed in.

In other words, it's a matter of getting to do only what you can get away without doing, or a matter of really doing the reading and planning; things only the student themselves will know if they've really done so. These are the



things that make a difference.

It seems like doing all of the reading and planning for an assignment would be a lot of additional work as compared to simply doing a quick write up and handing it in. However, one thing I've noticed is that it is truly easier to be prepared and it does seem like less work even though I've spent much more time with textbook open.

I find myself noticing certain classmates who seem stressed or confused during class and I can remember their anxiety. But currently, I experience the luxury of confidence. I do not feel burnt out from all the extra time I put into reading and homework. Instead I feel proud and happy whenever I think of my classes.

The second thing that makes all the difference in your grade is participation. Participation has its own category on the syllabus for a reason. Showing that you are involved or concerned is key. Even if you are vocalizing your confusion on a topic, teachers want you to be involved, and although it is the students' choice to sit back and assume they'll get by, it really is important to know what the professor wants.

They are the ones deciding your grade. The professor will grade you on how they interpret your efforts and

progress. If you're not contributing, and only handing in what's expected, there's nothing outstanding to be interpreted and a teacher is not going to assume that a student is being studious and going the extra mile unless the student shows this through participation, speaking with the teacher outside of class, and even expressing their concerns or worries.

This extra time that it takes to do above average will not be available unless you make it so. Everything you need to or want to do in your day really has to come second or be scheduled around your homework. All this means is, remember your homework. When someone asks what you're doing, make a habit of thinking or saying, "Well, I do have to do some math problems and look up a topic for a report, but I think 6 o'clock would be a good time to do that so I'll get ahold of you before (or after) then." You don't have to miss out on anything during your day; just make sure you have a planned time for your homework that doesn't get changed.

It really is a great feeling to be prepared. I don't feel tied down. I almost feel bad for the people who are confused in class because they are not prepared. Anyone can achieve this great feeling.

Coffee doesn't pass the test

KRISTEN KENNEDY
STAFF REPORTER

It's an all-too-familiar scene: College students sit at desks piled high with textbooks and notes, getting set to cram for their exams. Before settling down to work, they grab big cups of coffee, not realizing they're making a big mistake.

Most college students rely on caffeine to help them stay awake long enough to get their work done; yet few seem to realize the negative effects caffeine can have on their study habits, sleep schedules, and general health. In a study done at Illinois St

notes or type a paper.

In addition, staying awake late into the night makes it harder to function the next day. The lack of sleep leads to a lack of energy, less alert state of mind, and trouble remembering information for classes or exams.

According to Roland Griffiths of Johns Hopkins School of Medicine in Baltimore, caffeine may be OK in small doses, but larger amounts can be dangerous. While one cup of coffee can produce a more awake or alert feeling, Griffiths said, more than three cups can bring



ate University, high doses of caffeine were found to make students more depressed, more anxious, and less able to accomplish simple tasks.

These negative side effects were explained in a Women's Health magazine article, which said that caffeine works by activating the body's fight-or-flight mechanism. This type of stimulation actually makes it harder to focus; the mind wanders, and shaky hands make it difficult to take

about anxiety and nervousness. As a tolerance develops, it may become necessary to take more caffeine to produce the desired effect. Caffeine is highly addictive, and people who become dependent on it can suffer from withdrawal symptoms including fatigue and headaches.

So, while many students turn to coffee, tea, soft drinks and chocolate to get that caffeine jolt, the drug may be harming them rather than helping.

Interested in writing for The Point?
Come to our meetings
Wednesdays at 3:30

Not your average FSC student

RACHEL BOUDREAU
STAFF REPORTER

When the alarm clock rings on a weekday morning, Michelle Yang often wishes she could sleep a little longer – just like any other freshman at FSC. She gets up, takes a shower, gets dressed, brushes her teeth, and fills her backpack with the books she needs for the day – just like any other freshman at FSC.

She can't tell you the color of the shirt she's wearing, though, and she has never seen her own face in the mirror. Yang has been blind since birth.

"Not being able to see was fine for me as a child," said Yang, now 18. "I never noticed it when I was younger because I was always with my family. I do not ever remember my mom telling me to be careful of bumping into things. They always treated me like all the other kids."

Born in Wisconsin, Yang moved with her family to Fitchburg at a young age and attended Fitchburg schools.

"I am a very family oriented person," Yang said. "My parents were always so strict when I was young and I was so shy that it was hard for me to make friends, but as I got

older I started talking to people more and making friends has not been a problem."

Growing up Michelle has always had someone by her side to help her get accustomed to her surroundings, and to help her with schoolwork.

"During my earlier school years I always had a school mobility instructor with me," she said. "This person was like a one on one aid who assisted me in my studies. My instructor knew how to read brail just by looking at it and would transcribe all my work."

Coming to FSC Michelle has had to get used to being more independent. "Now that I am at college I have had to do things on my own," she said. "I do not have someone with me at all times. The disability service helps me out a lot but if I need help I have to go to them. Although it can be hard at times I love being at college and having my own freedom."

Before coming to FSC Michelle had to learn her way around the campus. "During the summer before I came here I had a mobility instructor take me around the college," Yang said. "We would walk from say my dorm room to the

Hammond building and I would memorize how to get to places. I have a good memory."

"When I type on my keyboard my computer reads what I have typed back to me," she explained. "I have been taught how to match my own clothes, and as a child how to read brail. I take notes in class on a computer, and I use a walking stick to walk around. With that I can go almost anywhere."

Michelle chose FSC because of its friendly atmosphere. "When I visited this school it had a warm and friendly feel to it," Michelle said. "Also the disability center could answer all of my questions and I felt very comfortable."

Michelle is majoring in Secondary education, and English. She is also in the Leadership Academy.

"Lots of times I have wished that I could see. I remember turning sixteen and knowing that I could never drive. Also around that age is when I started to want to be with other people who were blind like me. I remember wanting it so badly but as I got older it bothered me less. I am how I am, and that makes me unique," says Yang.

Snoring may signal a serious sleep disorder

Snoring continued from page 2

there and a technician tapes or glues sensors to your body.

While you are sleeping, the equipment is recording all the body functions including your brain waves, eye movements and body oxygen level. The second test that can someone can undergo is a Multiple Sleep Latency test. "You take naps at a sleep center during the day and the equipment measures how quickly you fall asleep," Carol explains.

A new test has also become quite popular in the

world of Sleep Apnea patients. Now it is possible for these same tests to be done in the privacy of the patient's own home. "This way of recording a patient's sleep is more comfortable and easier on the patients," Carol adds. A technician comes to the home and explains how to apply the electrodes so that the patient can do it on their own before going to bed. Early the next morning they are asked to remove all electrodes from

their body and simply put it outside for the technician to come and pick up. The results are analyzed and recorded immediately at the hospital and then provided to the patient as soon as possible.

There are a few types of treatments which may be utilized after being diagnosed with this disorder. The first option is the use of nasal CPAP (continuous positive air pressure). During sleep, air flows from a machine into a mask placed over the nose.

Unbearably crowded dorm rooms

Crowded continued from page 1

risen to 1,417 students. "Because of the large freshman class this year, and the number of people that are returning we are faced with the problem of having more people than housing," Matt Khoury, assistant director of campus living said. "The solution to this is tripling, which is putting three people to a room. This gives people rooms they want and need and allows them to come to this college."

Besides tripling which FSC has done for only three years now, the college has also made some other efforts to accommodate the students who need housing. "We have also rented property on Cedar street on a trial basis to see how it works," Khoury said. "At the moment two sororities are living there. We have also built additional rooms in

Russell [Towers] some of which are not yet finished allowing 28 more beds."

Steve Blair, a senior at FSC has noticed a difference in his experience her at the college. "The college seems to have a lot more people here then when I came here four years ago. When I was a freshman there were hardly any triples and now it is a common thing. Also the dining hall has been a lot more crowded."

Petrillo feels that the rising number of students entering FSC has been the objective of the college. He explains, "the goal of this college right now is to continue to grow, increasing enrollment but staying true to the mission which is to provide students axis to teachers and to have friendly environment. This growth has been planned, it did not just happen."

Students pack on the pounds

Students continued from page 1

the blame for weight gain. Come on, it's scary moving away from home, not really knowing anyone and having to meet all new people. It's not unusual to turn to "comfort food," which adds to the extra weight.

So you are probably wondering, "What can I do to stay healthy?" Well, eliminating late-night snacking is a good place to start. Another way is to eliminate the junk you eat at meals. There is plenty of healthy food in the cafeteria;

you just have to get t in the habit of eating it.

Finally, the most important piece of staying in shape is exercise. Get involved - do something. Go to the gym and work out.

Sadly, the "freshman 15" is not a myth. But students can avoid it by making the right choices. It will be worth it when you go home at Thanksgiving, and all your old friends say, "Wow! Don't you look great!"

This clears the airway and opens the nasal passage preventing Sleep Apnea. Simple weight loss can also beat the disorder. Even if only a small amount of weight loss is attained. Surgery is always an option as well, but is usually only used as a last resort.

"The most important thing is to talk to your doctor

if you suspect that you or someone you know may have Sleep Apnea," Carol concluded. The last thing anyone wants is to live at risk. For more information on this topic and other sleep disorders you can contact the American Sleep Apnea Association or online at www.sleepfoundation.org.

State employees rally for long-promised raises

REBECCA ROTCHFORD
STAFF REPORTER



What would you do if your employer agreed to give you a raise - and then suddenly removed it from your contract, saying the company could no longer afford it?

And what would you do if you found out, after the company failed to honor that part of your contract, that it had given all of the managers raises?

Massachusetts higher education employees found themselves faced with that situation this year, and they have not received a raise since September 2002.

The state legislature agreed to include enough money in the 2004 fiscal budget to pay the state's higher education employees their retroactive back pay.

But that budgeted and contractually agreed back pay was vetoed by Gov. Mitt Romney in July.

Carole Collins, a secretary in the Graduate and

Continuing Education office at FSC, is one of many employees who has been affected by Romney's veto.

She emphatically disagrees with his actions regarding the state's budget.

"It's clear he has no regard for state employees," Collins said.

"Right away when he came into office he gave managers a 2 percent salary raise."

Along with Collins, many hard-working employees are beginning to question why politicians like Romney are failing to make good on promises that were given in writing.

"That was very hurtful. To actually veto something signed and ratified two years ago is inexcusable."

"I think he's against unions and the working middle class," Collins said.

FSC held a campus-wide rally on Sept. 29, to raise awareness and spirits regarding Romney's veto.

Among the speakers at the rally were state Sen. Robert Antonioni; Lisa Field, president of the Association of Professional Administrators; Robert Antonucci, president of Fitchburg State College; Professor Charlie Hetzel; and Jennifer Flannigan, a graduate of FSC.

Many of the speakers discussed getting the retroactive back pay funded.

The rally organizers also set up tables with letters that people could sign or take with them.

One letter stated that college faculty "do not get any kind of automatic raises such as step increases or cost-of-living adjustments," and that they are "underpaid by an average of nearly \$9,000 annually."

When asked if she felt any better about the situation after attending the rally, Collins said, "Not really, it's almost becoming laughable."

"We can't strike because that's what our contract states. I personally think we should strike, but most people aren't in a position to make that sacrifice."

"Most people have a hard time making ends meet."

Most state employees are having difficulty staying optimistic in regard to receiving their retroactive pay.

Yet, Collins and thousands of other state employees continue to go to work every day.

"I hope Romney leaves office soon. I also hope we do get our raises," said Collins.

"I think it's a lost cause at this point, but I hope I'm wrong."

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Happy
Thanksgiving

~ The Point Office



Buddy Neilson and the Senses Fail band succeed

CRAIG LEDGER
STAFF REPORTER

I recently got a chance to sit down with Buddy Neilson, lead singer for the emo/rock band Senses Fail. We talked a little bit about the band's recent stardom, tricks of the trade, and not speaking English.

Me: "Let it Enfold You" seems to be hitting the streets pretty well. What are the biggest differences between the creation of this album compared to the e.p.?

BN: There really much of a difference. It is a continuing process, we never stop writing. Even when the e.p. was finished, we were already working on new stuff so it is just continuous. Our best stuff is really still yet to come. People think that the e.p. is our best stuff yet and both discs are really great but we're really looking toward changing our sound a little.

Me: How do you guys come together to agree on your sound?

BN: Music is always developing; we want to challenge ourselves and see what we can and can't do. However, we don't want to make the music that people want us to make. We want to make the kind of music that first drew people to liking us. But we want to try new things. Most of our songs are in 4/4, we want to try moving that to a 3/4. We also want to try to include a little less screaming than we have; the screaming is really just losing its significance to me. We want to separate ourselves but keep people satisfied with the quality of our music that originally drew them.

Me: On the new DVD that



Buddy Neilson, the lead singer for the emo/rock band, Senses Fail

comes in the "Let It Enfold You" CD, there is a live shot of "187" from the Worcester Palladium. Is Worcester always an anticipated show?

BN: Yeah, definitely. We played a local show in Attleboro about a year, year and a half ago that was awesome and now we have played here at the Palladium a few times such as Skate Fest and with Rufio and now on our headlining tour.

Me: How does it feel to go from local Legion Hall and VFW shows to being the "Next Big Thing" on FUSE?

BN: Well, it's a gradual progression. It's not like "holy shit, I made it." I mean we have worked really hard to get to where we are now. We have come to appreciate the little things. We love playing the smaller shows and being the headliner. It's all about the growth of your fan base and you musically and we have done that by touring a lot and working hard.

Me: How does it feel to be on the road so much?

BN: It has become a normalcy; we know everything that is going to happen. I have started to learn my way around

each place that we go. It's sort of become uneventful but I love the change that comes with touring and then getting some time to go home.

Me: You guys are on your way to Europe with the Vagrant Europe Tour in less than a month... What's it like to play over there? Is there a big response?

BN: Well, we have only played in the UK so it should be a great experience. I don't expect a lot of people to speak English, though. I am not going to talk to anyone.

Me: Rolling Stone magazine has chosen you guys for "New Faces". What's it like to see yourselves in Rolling Stone?

BN: It's really a big deal. Rolling Stone really doesn't cover music anymore. The last two issues had Jon Stewart and John Kerry on the cover. They are more turned toward general entertainment now. So when you see a band, a rock band none theless, in there, it's a very big deal and it's really amazing.

Me: Do you have any suggestions for local bands trying to "make it" in the scene?

BN: Be realistic. Most people aren't realistic. You can tell what is good and what isn't. You need to find people who will give you an honest opinion of your music, not just your friends who will obviously tell you it's good stuff. When you figure out how to format your songs, you are set; at that point it becomes simple. You need to have interesting lead-ins, and be able to write a good song. If it is catchy, then people will like it and at the same time it doesn't have to be poppy,

Neilson continued on page 7

MARK LAWTON
STAFF REPORTER



Author, filmmaker, and political activist Michael Moore has developed a trademark style of tackling major issues with a sharp sense of humor while maintaining a regular-guy attitude.

If you are like many of the people in America, you got a chance to see Michael Moore's documentary "Fahrenheit 9/11." Besides watching the sad "truth" behind the Bush administration, you saw the reading of an American soldier's letter to his family. That soldier was Michael Pedersen. And that letter, sent from Iraq, contained the last words his family would ever hear from him.

In his new book "Will They Ever Trust Us Again?: Letters From the War Zone" (Simon and Schuster; 224 pages; Oct. 2004), Moore compiles more than 100 letters written to him by soldiers in Iraq and Afghanistan, their family members, and their friends.

Even though these letters are all anti-Bush, the book holds valuable lessons for both liberals and conservatives. The letters are, after all, from eyewitnesses to the war. They have heard the lies, they believe, and seen the truth.

I believe this book will be as important a document

in American history as the many books of letters sent home from Vietnam and the two World Wars. Quotes contained in Moore's book - "We were lied to and used"; "I felt s old out" - go beyond the surface, and provide powerful reasons to buy the book.

This book is very hard for me to critique. Who am I to review the letters from those affected by the war in Iraq? However, I will say that I found this book enthralling and hard to put down. The words on the pages were so horrific that I wished they were fiction.

I recommend this book to anyone who has interest in learning what soldiers have to say about their experiences. There are some graphic details and passages with vulgar language, so parents who would like to share parts of this book with their children might want to select the letters for them to read.

The book's title asks the question, "Will they ever trust us again?" I suppose Moore thinks that you can expect the answer after you have finished reading the book and do what the letters in the book ask you to do. What do they ask you to do? Well, I guess you will have to read the book to find out.



Rockapella's set to sing

Billed as the biggest name in contemporary a cappella music, Rockapella will perform at Fitchburg State College on Dec. 10 at 7 p.m. in Weston Auditorium.

The group is a five-man powerhouse whose sound has been called an infectious blend of soul, rock, R&B and jazz peppered with the vocal percussion talents of Jeff Thacher. The vocal band's signature songs include the theme from the TV show "Where in the World Is Carmen Sandiego?" and a 1998 Folger's coffee commercial.

The Boston Globe described a recent Rockapella concert as upbeat, wholesome, diverse and spiced with playful bits. The Globe said Rockapella's music is "a testimony to how truly fine music can easily cross the age barrier and grab young and old."

To set the stage for Rockapella, the Greater Gardner Community Choir, a 100-member chorus, will open the evening's performance with seasonal selections.

Tickets for the performance are \$22 for the general public; \$20 for Fitchburg State staff, seniors and groups; and \$7 for students and children under 18. They are available at the college's box office or by mail order. Call the Weston Box Office at (978) 665-3347 Monday through Friday 12:30 to 3:30



p.m., or call (978) 665-3709 for more information. The event is sponsored by the Sentinel & Enterprise.

Rockapella began with four members, a group of Brown University alumni. The men performed on New York City street corners with a hat out at their feet. They could earn enough from passersby to buy dinner, and business cards dropped in the hat led to work at private parties and club appearances.

During the early 1990s, the group was noticed by a producer who was working on a television special about the growing interest in contemporary a cappella music. Filmmaker Spike Lee and entertainer Debbie Allen signed on to host the program, which was named "Spike & Co.: Do It A Cappella," and aired for several years on PBS. The show inspired a soundtrack and video.

Rockapella's appearance on

the show led to the group's next gig, the educational geography game show "Where in the World Is Carmen Sandiego?" Rockapella was hired to sing original music for the show's theme song and to provide some on-camera comic relief. The group also sung on a companion soundtrack to the show, which featured original music.

In 1992, realizing they were writing more sophisticated songs and heading toward a fuller "band" sound, Rockapella tried something that almost no singing group had considered before. They held auditions for a full-time mouth drummer, or "vocal percussionist" to begin performing alongside the band, just like a real drummer. Jeff Thacher joined the group in this role and his drum-like talents have appeared throughout Rockapella's recordings and on "Carmen Sandiego."

Eyes Wide Open

MELISSA TRAMUTA

There are 16,000 boots laid out, November morning empty - without the bodies of babies and quiet without the marching soldiers song that once existed within them.

it's quiet without purpose reason or understanding

you stop to read labels attached to laces claiming civilian casualties and grenade explosions that went off in a child's sand castle battlefield.

Labels that are words printed, laminated with time, something only boots can walk through

reminds me of the millions of shoes piled beside ovens in Auschwitz.

Reminds me of something that happened before, genocide covered up with America's favorite three letter word - WAR and nobody knows as we stand saluting the red, white and blue happy inside of our November nights with our coffee black and slices of crisp warm apple pie

as our American boys and girls slip under the command of a man lip singing speeches preaching the Star Spangled

Banner as he laminates the labels for 16,000 boots empty and alone on the grass, quiet in the shadows of our country's flag

we watch it all in silence, eyes wide open



Interview with Buddy Neilson

Neilson continued from page 6

there is a difference between catchy and poppy. Like Hatebreed, they give you something to grab onto without being poppy. Whether you do it through the guitar riff or a drum beat, people need to be able to grab onto the music. Play a lot of shows and practice a lot, tightness is key. Definitely put yourself out there through things like the internet and lots shows. Getting signed is the easiest part,

there are so many labels out there right now, it is making a career out of it that is the hard part. If you really want to do it then you will but everyone in the band has to put 100% into it.

You can check out Senses Fail on December 17th at the Webster Theatre in Connecticut with Midtown and Moneen and at their website: www.SensesFail.com or www.Purevolume.com/SensesFail

Electrolysis - "Get rid of unwanted hair permanently"

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Face and Body Work

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Day Evening and Saturday appointments available
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Sherry L. LeBlanc R.E.

978-353-0702

What do you mean, you won't take my Bananarama tape?

BRIAN COLLINS
MUSIC LOVER

I can't believe people these days! I mean, you would think now that we have progressed into the digital age, people could get some common sense. But oh, no, it doesn't seem to be possible.

Take last Saturday, for example; I decided that I just *had* to get my hands on the re-released Usher CD "Confessions." So I checked my wallet and, as I had assumed, I was broke. I searched and searched and couldn't find any money, so I decided it was time to trade in some old tapes to get this CD.

Now being the music man that I am, I had a difficult time eliminating things from my collection. I mean, how can I get rid of some of my tapes?

That would be like eating one of my young! Well, after an hour of soul searching I found five I could cut because I had them on CD and burned to my computer. The ax list was:

- Bananarama: Ultra Violet
- Toto: Turn Back
- Tommy Tutone: 867-5309: Jenny
- Cheap Trick: Lap of Luxury
- Flock of Seagulls: The Essential F.O.S.

I heart-brokenly took my tapes to f.y.e. in the mall and placed them at the mercy of a pimply-faced teen by the name of Chuck. Now Chuck, who could not have reached the age of 16 yet, took these tapes and scanned them through the computer. And then in a monotone voice he said, "You can get \$9.31 in store credit."

Excuse me? \$9.31? \$9.00 and F*&%@#\$ 31 CENTS!



Vintage punk group Bananarama, called the most successful British female group of all time, hit it big in the United States in the 1980s.

It took all my strength not to jump the counter and teach this 'new metal' loving punk a lesson about the greatness of the 1980s and the music it produced! I told him that these were classic tapes that contained only the best the '80s had to offer. And once again he just looked at me, sighed, and told me that no one had an interest in the one-hit wonders of the '80s.

I was slowly losing my cool. I mean, come on. These tapes contained songs like "867-5309: Jenny" and "I Ran." I mean, Flock of Seagulls revolutionized the use of the synth! I asked to see the manager in hopes of getting this hassle out of the way and to start grooving to Usher. Well out came the manager, a chubby little man named Kent. Quickly I could tell that Kent was a man

who did appreciate the same stylings of music that I did. After a quick conversation and a few laughs, Kent handed me \$12 for my collection, and said at the end, "These will be picked up quickly!"

I smirked at Chuck as I purchased the Usher album and as I left, I turned to Chuck and said, "You've committed a musical sin today, but the gods of music will take pity on your naive soul!" and with that I left.

So readers the moral of this tale of oppression is that although, underrated at times, the power of the '80s lives on today! And mark my words, we will someday soon see a resurgence of big hair, spandex, leg warmers, and the soothing sounds of a synth. And when that day comes, there will be a Bananarama tape waiting for you at f.y.e!

Check out this program to ACCESS your future

KEMESHA JONES
STAFF REPORTER

The ACCESS program helps students with academics and also with personal issues. The office for this undergraduate support program is located on the third floor of the Hammond building at FSC. Diane Maynard, the office manager, wants students to know that this program has many different types of services to help students.

ACCESS members have monthly meetings for staff and students, where they are reminded of important dates such as when to register for classes, or even told of job opportunities within the office.

There is a laptop program that has been working out well. Students are able to sign out a laptop computer to do their school work. Tiffany Smiley has taken advantage of this, since she does not own a computer. For her it comes in handy when the computer lab is packed with students. Smiley says, "Using the laptops has helped me a lot."

Another program that

ACCESS offers is a progress report system. Students get letters from the office stating what their grades are in the middle of the semester. Additional academic advising is also available.

The ACCESS program is not all work and no play. Maynard said one reason students come to the office is to "take a breath, chill out, and get rid of stress." On any given day one would find many students in the office doing homework or just visiting before their next classes.

A Heritage Ball is planned for February 2005. Students who join the committee can decide what type of activities and music will be at this event. Staff and family members may also attend this ball. Students who are on the Dean's list will receive an award.

Smiley has been a part of the ACCESS program for three years and says, "It has helped me a lot."

Anyone who feels that they would like some extra help in any area is very welcome to stop into the office.

UPCOMING MOVIES...

November 19

- National Treasure
- The Spongebob Squarepants Movie
- Bad Education

November 26

- Alexander
- Christmas with the Kranks
- A Very Long Engagement
- Guerrilla: The Taking of Patty Hearst

Boys and Girls Club makes itself at home on campus

LEAH DENNIS
STAFF REPORTER



Boys & Girls Clubs offer programs and services to promote and enhance the development of boys and girls.

There's a new club on the FSC campus this year. This September, the Fitchburg chapter of the Boys and Girls Club organization opened in the Parkinson building on campus. The club is a non-profit, after-school program open to kids ages 8 to 18. Here, kids are free to come in and take part in various activities that the club makes available. This program is designed to give kids options other than hanging out on the streets. As the slogan says, it's a "positive place for kids."

The other local Boys and Girls Club, in Leominster, shared some of their employees to open the new club. When asked what the major differences were between working at the two locations, Eric George, the youth services director, says, "The need - Fitchburg is less privileged than Leominster."

Katie Floyd, a junior at the college and also the education programs coordinator, added, "In Leominster I felt more like a babysitter; at least in Fitchburg we know that a program is really needed." The staff hopes to see a decrease in the crime rate in Fitchburg among 13-18-year-old children.

In order for a child to become a part of the club, they must fill out a short application and there is also a \$25 fee for each school year period. "We will not turn anyone down," said Rocco Spagnuolo, the program director. "Any child is welcome. Even if the fee is not paid, we will turn no one away."

The club explains to each new member that there is an open-door policy and that no one is forced to be there. "The kids want to be here," said George. To keep the kids coming back, the club offers many different programs to teach, help and most of all to entertain. Though this club is just starting, they have many plans for the future. "We have educational programs, such as science projects, technology segments where kids learn how to use different kinds of equipment.

"There are many recreational and health/sports related activities as well. There will be teen nights, girl talks, debates, club Olympics, a step team, a double-dutch team, street smarts courses, a cooking club and many more to come. We have big plans for this club," says Spagnuolo.

A typical day at the club consists of homework help in the homework room or hanging out in the activities room, which has a ping-pong table, bumper-ball table, video games and a large assortment of board games.

The Blue Dynasty dance team from Chea High school in Leominster will be coming in to teach the kids step dancing. The club has access to the Parkinson gymnasium so

the kids may use it in bad weather.

When asked what they did with their time before coming to the club, Luke, age 11, replied, "I used to do my homework and then go play outside." Elvin, also age 11, says, "I just used to play videogames." Jocelyn, age 11, said, "I used to go to the YMCA with my friend Asia," as she points to a friend next to her.

"I like it better here because they aren't as strict and it's more fun. I also like playing prison ball in the gym," she added. Asia, age 10, chimed in, "I like the trivia!"

"We're here giving them constructive activities, which keep them busy and off the streets. They are just at that point in their life where they are vulnerable and can be easily influenced," said George.

The college community and the club work well together. The Fitchburg Boys and Girls Club is one of the two clubs in the country to be located on a college campus. The location is a great opportunity for students who need to complete practicum hours, and also for the club who is always in need of qualified volunteers.

There is a quick background check for anyone who wishes to volunteer. All volunteers are also trained on the job for free.

If you are interested in contributing a tax deductible donation, you can contact us through the program line at (978) 665-3760.

"We really have a lot of faith in this program and we really hope to see a change for the better within the community," says Floyd.

Style with Holly Johnson



want natural face masks (that you keep in the fridge, how neat!) shampoos that really cleanse with exciting scents such as lavender and ylang-ylang, it really is a must visit.

My dear favorite is their face moisturizer "Afterlife." It claims to revitalize and that it does. With a mild mango scent it contains large quantities vitamin E which is great for skin. It is a wonderful moisturizer for all skin types.

For the men it is important to moisturize as well. It is not girly or unmanly, it is just common sense. There is a amazing line of products called Zith. It is sold at Filenes's and Macy's. Their after-shave lotion is one of their best sellers. Priced at \$26.50, it is highly concentrated so it lasts forever. Apply a bit after shaving for a red-free face.

Along with various products it is important to help your body as much as you can. Drinking eight glasses of water is important to keep skin adequately hydrated. Although it may be difficult, it is important to get eight hours of sleep to give skin a rest. These two methods are the cheapest ways to keep skin looking and feeling healthy.

So winter is coming and the cold weather usually causes serious havoc to one's skin. This season, we need not worry, for many new products have been invented to keep your skin soft, and beautiful or handsome :

1) Two years ago I ventured across the ocean to the Scottish Isle for the Edinburgh Fringe Theatre Festival, and I found more than just stages and monologues. I discovered the array of shops on Princes Street, my favorite being LUSH.

This store sells handmade natural cosmetics and body products. Manufactured in Canada, the creatively scented soaps have finally made their way to our side of the world. Gracing Newbury Street is one of the newest locations of LUSH.

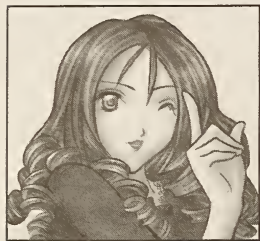
It is a bit pricey but if you



The Lush creative team has been working together since the late 1970s, when they first started to make their own cosmetics. In 1978 they sold their first product to the Body Shop and in 1988 they set up Cosmetics to Go, in Poole, Dorset, by the sea on the south coast of England.

It's not stalking, it's just popularity!

DANNY MCNELL
STAFF REPORTER



* The Names have been changed to protect the "innocent" and attractive!

What ever happen to women? I am a nice guy. I don't smell, or call women "ho's", or slap their asses at nightclubs. But for some reason they don't like me! Maybe it's my approach. Usually when I see a girl I like, I make a file on the subject, much like respected organizations like pro sports teams, the CIA and Vivid Video.

Take my latest attempt at dating glory. There is this girl who works at a food stand in the mall who I recognized from campus. I see her all the time and she is super cute. She looks like Jenna Elfman, without the crappy weird evil eyebrows.

Anyways I took a mental picture and placed that picture into the "Priority File". Well the gods must have been conspiring, because the next day who was getting a smoothie at the same time I was, but the Mystery Girl!! Well she was chatting with her friend and I happened to accidentally overhear that her name was Mandy, and that Steve (I assume a boyfriend) was such a jerk and she didn't want to see him again.

What a break! I have a name and the possible relationship status of this fine lady! Now all I need is to make contact. Well as she was walking away I noticed that she was part of a sorority. Well I quickly ordered my smoothie, the Strawberry Shooter is my personal favorite, skipped my 3:00 class and ran to my room. I did a few Google searches on her Sorority and wouldn't ya know it, there she was!

God bless the internet! I learned her name, where she was from, her likes, her dislikes, she has a puppy named "Ruffy", and that she lives in the sorority house!

JACKPOT! The file on Mandy is filling up beautifully and I am almost ready to move in for the introduction.

A few days passed and I hadn't seen my Goddess of the Mall, until I walked into the convenience store and who was at the counter buying a bottle of Arbor Mist, a 6-pack of Twisted Tea, a bag of Kettle Cooked Chips, and I think 2 or 3 packs of gum (I couldn't see that well)...you guessed it...MANDY!

I quickly grabbed my 30-rack of Keystones and took my place behind her in line. She smelled really pretty and I could see that she had a tattoo on the small of her back of her Zodiac sign, which I think is dumb, but hey it can't flaw my woman. But then it happened! As she was leaving she looked at me and smiled, then started to leave, then turned around and said "You look familiar. Do I know you from something?"

OH MY GOD!!! I NEARLY DIED!

I told her that I had never seen her before, and she just shrugged her shoulders and left. *phew* that was a close

one. By now I figured fate was on my side. I was destined to be with Mandy. It was Friday night and I figured a sorority girl like her, buying that alcohol would be out at a party, so I went searching.

After leaving my ninth party I started to get discouraged.

But then as I was walking by a house I saw her in the window!!! I knew this was too good to be true, but I couldn't ruin it.

So I walked up to the window to see if I knew anyone in the party so I could meet up with them, instead of causing a party foul and just crashing the party.

As I was looking into the window, all was lost. I didn't see anyone and as I was getting ready to leave a light was put on me. And a voice asked "What are you doing, son?"

It was the goddamned Campo! Well, his commotion got the attention of the people in the party, including Mandy.

So here I am with the Campo questioning me on the lawn of this house, with me holding half a 30-pack,

and a crowd of people watching me in my moment of extreme humility.

But at the point I saw Mandy and figured it was now or never! So I walked up to Mandy to introduce myself. I am not sure if it was the 13 beers or if there was something on the ground, but either way I ended up falling face first onto the ground, dumping my 30-rack everywhere, igniting laughter from the crowd (including Mandy) and getting taken into protective custody by the Campo because I was apparently disturbing the peace.

Well, Mandy knows who I am now, but instead of knowing me for who I am she knows me as some drunk weirdo who was spying on her while she was at a friend's place.

Needless to say, readers, I am still single. I now have a police record, and the cop took my beer so I never got to finish drinking.*sigh*

Why are girls so difficult? I was trying to be nice, but in the end I end up screwing myself.

Point/Counterpoint: Birkenstocks evoke extremes of emotion

DANNY MCNELL
STAFF REPORTER

Birkenstocks! By Sun Dove "A Hippie"

Oh my God, look at those Birkenstocks. They are so cool. I could really use a pair since the strap broke on my other ones. I've had to wear shoes, which makes my feet unhappy. My feet want to be free and open, not contained. Why do these Birkenstocks have to be \$70? There is no way I can afford them. Maybe if I pawned that lava lamp I own, or a few of my black

light posters I could get enough money. Or I could beg Stacy for the money. Either way I need those stocks. If I get them my soles will get the support they need and my back will stop hurting. I will be sad to see my old comfy pair of Birkenstocks go. Ohhh I really Love my stocks! **Counterpoint:** Ohhh... **Birkenstocks.** By Stacy Beckman "Sun's Roommate"

Oh my God, look at these Birkenstocks. They are disgusting. My roommate needs to get a new pair. The strap



broke on them and she leaves them festering with smells and bacteria. Thank God she's had to wear shoes so the

smell of her feet is contained and not roaming free. Why do these Birkenstocks have to be \$70? There is no way she

can afford them. Maybe if she pawned some crap like her tapestry of Jim Morrison or her annoying black light posters, she could get enough money. Or I could just loan her the money. Either way she needs those stocks! If she gets them we can get rid of these disease breeding rounds and I can stop getting sick from them. I will be happy to toss out these toxic sandals. Ohhh I really hate those stocks...and hippies!

Weekly Horoscopes

<http://www.astrology-online.com/horo.htm>

ARIES (Mar. 21- April 20)

You will reap the rewards for your kind actions. A passionate encounter with your mate should help alleviate that pent-up energy. Opportunities will develop through those you encounter while attending organizational events. Rewards for past good deeds will highlight your day.

* Your lucky day this week will be Sunday *

TAURUS (Apr. 21- may 21)

Travel for business will not only bring you valuable information but also profits as well. You should get out and enjoy social events where you are likely to meet new potential mates; however, don't over spend. Try not to be too harsh with loved ones; there will always be two sides to an Issue. You could be cornered, so be prepared to tell the truth.

* Your lucky day this week will be Wednesday *

GEMINI (May 22-June 21)

Networking will be a necessity. Read between the lines before you sign your name. You can enjoy social events and meet new potential mates; however, avoid being lavish. Set a limit on the amount you're willing to spend, and be sure to stick to it.

* Your lucky day this week will be Tuesday *

CANCER (June 22-July 22)

Be careful while traveling. Investments will not be as they appear this week. You will have the discipline to make changes you feel are necessary. Someone you care about may not be too well.

* Your lucky day this week will be Saturday *

LEO (July 23-Aug 22)

Your outgoing, aggressive nature will attract someone you've been eager to meet. Positive connections can be made if you get involved in environmental organizations.

You may be upset if someone has borrowed something that belongs to you. Travel will also be very informative.

* Your lucky day this week will be Friday *

VIRGO (Aug. 23 -Sept. 23)

Be careful not to show your temper when dealing with the boss. Talk to people who can give you important knowledge. Your mate could get on your nerves if he or she backs you into an emotional corner or puts restrictions on your time. Your tendency to take on too much will end in fatigue.

* Your lucky day this week will be Wednesday *

LIBRA (Sept. 24 -Oct. 23)

Entertainment should include your whole family. You will be prone to carelessness that could result in accidents. Make sure to arrange in advance to spend quality time together. Your involvement in groups will be favorable for meeting new and exciting individuals.

* Your lucky day this week will be Thursday *

SCORPIO (Oct. 24 - Nov. 22)

Someone may try to damage your reputation. Recognition will be yours if you meet your deadline. Y Spend time with friends and relatives. Travel for pleasure. Cultural activities will prove to be quite enlightening for everyone.

* Your lucky day this week will be Friday *

SAGITTARIUS (Nov. 23 -Dec. 21)

You may feel a need to make changes to your legal documents. You're in a high cycle for romance. Involvement in groups will be favorable. Business partnerships will prove lucrative. Opportunities for partnerships are present; but get every detail in writing.

* Your lucky day this week will be Tuesday *

CAPRICORN (Dec 22.- Jan. 20)

Your practical approach to life may charm someone who has been observing you. This day was meant for love. Make creative changes to your residence. You need to sit back and enjoy. You will find that you can work progressively at improving yourself this week.

* Your lucky day this week will be Sunday *

AQUARIUS (Jan. 21 -Feb. 19)

Uncertainties regarding your home and family are evident. Opportunities will come through behind the scenes activities. Overexertion and negligence will be your worst enemies. You may interest some of them in a service you have to offer.

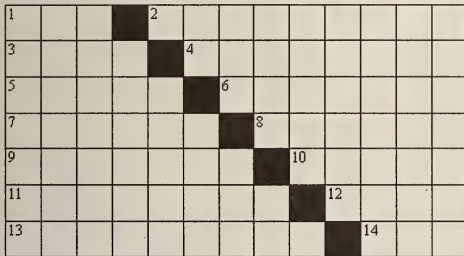
* Your lucky day this week will be Thursday *

PISCES (Feb. 20-Mar. 20)

Residential moves will be hectic and may be unsatisfactory. Elders may get you going this week. You have worked hard and the paycheck is now. Channel your energy into decorating or household chores.

* Your lucky day this week will be Sunday *

Fun Puzzle of the Week



© Ken Egan - sw1002

Stackaword

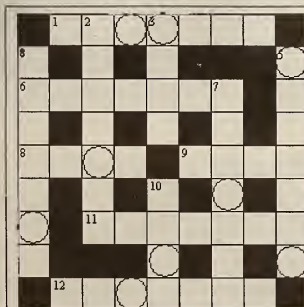
Each half of this puzzle has words of increasing length.

Each word is an anagram of the previous smaller word plus one additional letter.

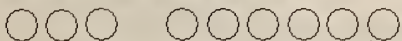
ACROSS

- 1 Flee
- 2 Foreknowledge
- 3 Undoing
- 4 Contenders
- 5 Become liable for
- 6 Pugilist
- 7 Containing uranium

- 8 Sudden fear
- 9 Skull
- 10 Combat
- 11 Care of the fingernails
- 12 Present
- 13 Expressed in numbers
- 14 Appropriate



Final clue : are usually high at Xmas.



CLUES

ACROSS

- 1 Assume
- 6 Energetic
- 8 Sudden assault
- 9 Ground husk of wheat
- 11 Seventh day
- 12 Changed

DOWN

- 2 Burrowing rodents
- 3 Strike breaker
- 4 Greed
- 5 Potbellied
- 7 Patio
- 10 Musical instrument

JUMBLED ANSWERS

PEEUSMR
VABNRIT
RIDA
ABNR
AABTBSH
ERTAELD

BIRTBAS
ASBC
AIACRVE
NCUHPAY
TARCREE
OOEB

© Ken Egan - cj1002

Crossjumble

World Series? Check, Time to Look at 2005!

MARK LENDANO
STAFF REPORTER

Well Sox fans we had a great year. We made some big trades to start the season, we demolished everyone in the Wild Card race, we swept through the play offs, including a historic comeback against the Yankees that avenged last year's loss, and then we did it. We reversed the curse.

So what to do now? I mean this is Red Sox Nation. Sure would could watch the Celtics or root for the Patriots, who are cruising through the NFL again, but instead let's start planning for next year!!!

As it stands right now the Red Sox have 17 free agents. Holy Cannoli Batman! Let the imaginations begin. Next year is pretty much a free year. I mean we did something that hasn't been done in 86 years. Terry Francona could crash and burn and people would just shrug it off and say "Next year will be the year!". So with that in mind I think Theo Epstein will save the ownership some dough and be a little creative in his moves. Here's the dilly-yo:

Despite his wonderful post season, Derek Lowe's days are over in Bean Town. Theo will let this one walk, and I will have to agree with him. There

will be a few others joining Lowe in the career changing industry. Terry Adams will leave the MLB and will resume his job working at the local diner in his home town.

Pedro Astacio will try to resurrect his career with a National League team, but he will soon be coaching Little League in a suburb of San Juan. Leskanic and Mendoza will find a home together on the Texas Rangers, a team desperate for relief pitching. Unfortunately the relief will not be found with these two.

And the final pitcher to get axed will be Mike Myers. Myers will bounce around next season until the trading deadline in July at which point he will be dropped from whatever team he is on. He will spend the next few years working as a bus boy and telling people, 'No I'm not the Dr. Evil Mike Myers'.

Theo will re-sign some pitchers in the off-season just to fill the holes. Pedro and Scott Williamson will find themselves back on the Red Sox payroll, along with Dave McCarty. Although McCarty will now be a middle-relief pitcher since he is no longer needed at first.

Infielders Rickey Gutiérrez (Yes he was on the Red Sox), Bill Mueller, and Pokey Reese will all depart and test the

waters of other teams. The Sox will re-sign Orlando Cabrera, Kapler, Mirabelli, and Varitek.

Theo will also be a mover and a shaker this off season and make two big deals. He will sweet talk Clemens into finishing his career where he started, and he will also sign Vinny Castilla to fill the "Old Guy Who Sits On The Bench and Cheers The Team On, But Some How The Fans Still Love Me" role left vacant by the departed Ellis Burks.

Now being left with what he has I think this is the starting line-up/starting rotation we should expect to see in April of 2005!

CF: Johnny Damon

2B: Mark Belhorn

LF: Manny Ramirez

DH: David Ortiz

C: Jason Varitek

RF: Dave Roberts/Kevin Millar (Trot will re-injure himself)

3B: Gabe Kapler (He will show is skills, and muscle and dominate at 3rd)

1B: Doug M.

SS: Orlando Cabrera

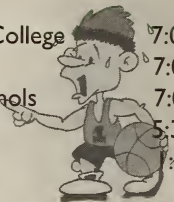
Starting Rotation: Clemens, Schilling, Martinez, Arroyo, Wakefield

Will there be other moves? Possibly, but next year whatever happens just let it flow. Cause we are the world champs! GO SOX IN '05!

FALCONS 2004-2005 Winter Sports Schedule

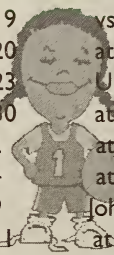
Men's Basketball

November 29	at RI College	7:00 pm
December 2	WPI	7:00 pm
December 7	at Nichols	7:00 pm
December 9	Clark	5:30 pm
December 11	Becker	7:00 pm



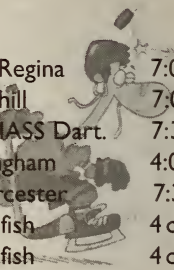
Women's Basketball

November 19	vs UMASS Dart.	8:00 pm
November 20	at Nichols	12 or 2 pm
November 23	UMASS Bost.	5:30 pm
November 30	at Western NE	7:00 pm
December 2	at Wheaton	6:00 pm
December 4	at WPI	2:00 pm
December 9	Johnson & Wales	7:30 pm
December 11	at Mount Ida	1:00 pm



Ice Hockey

November 20	Salve Regina	7:00 pm
November 23	Stonehill	7:00 pm
December 2	at UMASS Dart.	7:30 pm
December 4	Framingham	4:00 pm
December 8	at Worcester	7:30 pm
December 28	at Codfish	4 or 7 pm
December 29	at Codfish	4 or 7 pm



Track and Field

December 4	at Reggis Lewis	TBA
December 11	TBA	TBA



GO FALCONS

